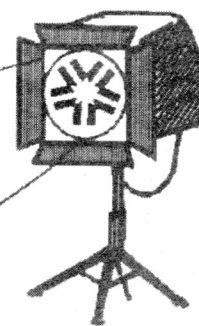


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXI, ISSUE 9

A newsletter for D.C. Seniors

September 2006

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Vote! Vote! Vote!

in the Primary Election for the District of Columbia on September 12. Now is the time to make your voice heard about the importance of maintaining older persons as vital

members of our community.

Candidates in general have stated an interest in aging issues and support for an aging agenda. Most advocates and organizations in the aging arena agree that community-based services to support long-term care needs must be strengthened, and that the funding bias towards care in institutions must be shifted.

Our elected officials will confront competing priorities; choices will be made. By your vote, you help to determine what the priorities will be for the next four years.

You can vote for the candidates of your choice and for various offices on the September 12 Primary Election ballot if you are a member of the Democratic, Republican or Statehood Green parties.

You may vote by absentee ballot because of age, disability, or if you will be out of town. See the details in this issue of "Spotlight."

Because of individual and collective voices, financial aid for limited-income grandparents raising grandchildren in D.C. is available. This benefit can make a difference for struggling grandparents raising grandchildren.

Thirty years ago, your voices created a separate D.C. Office on Aging and its Senior Service Network, which provides a range of health, education, employment and social services for District of Columbia residents who are 60 years of age and older. Your vote mattered then, and your vote matters now!

Vote! Vote! Vote! for yourself and the voiceless among us. Remember, there is power in numbers! See you at the polls on September 12, and see you at ELDERFEST on September 7.



See page 72 for details about the D.C. ballot.

V O T E

Financial Aid Still Available for Limited-Income Grandparents Raising Grandchildren in D.C.

Limited-income District of Columbia grandparents raising their grandchildren can apply for subsidies through the groundbreaking Grandparent Caregiver Pilot Program. The subsidies, equal to those received by foster parents, are provided on a first-come, first-served basis to eligible grandparents, great-grandparents, great-aunts and uncles.

"The Grandparent Caregiver Pilot Program provides vital financial assistance to District grandparents who are struggling to make ends meet while raising their grandchildren," said Robert Guttman, a member of the executive council of AARP District of Columbia, which

championed the legislation. "We hope that all eligible grandparents take advantage of this opportunity to receive some support while funding is still available."

The benefit can make a real difference to families now struggling just to get by. Take the case of one 60-year-old Southwest D.C. grandmother who had been raising four grandchildren between the ages of six and 16 with only \$463 in monthly support from Temporary Assistance for Needy Families (TANF).

Through the new subsidy, she is now receiving

See **GRANDPARENTS** on page 73



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Vote! Vote! Vote! Vote! Vote! Vote! Vote!

1. **VOTE** in the next Primary Election on *September 12*.
2. You can vote for the following offices on the September 12 Primary Election Ballot if you are a member of the *Democratic, Republican or Statehood Green Parties*:

Delegate to US House of Representatives

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Andy Miscuk		
Eleanor Holmes Norton		

Mayor of the District of Columbia

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Vincent Orange	David Kranich	Chris Otten
Adrian Fenty		
Michael A. Brown		
Linda Cropp		
Artee (RT) Milligan		
Marie Johns		
Nestor Djonkam		

Chairman of the Council

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Vincent C Gray		
Kathy Patterson		

At Large Member of the Council

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Phil Mendelson	Marcus Skelton	Ann C. Wilcox
A. Scott Bolden		

Ward 1 Member of Council

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Jim Graham		
Chad Williams		

Ward 3 Member of Council

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Bill Rice	Theresa Conroy	
Paul Strauss		
Jonathan Rees		
Sam Brooks		
Erik S. Gaul		
Eric Goulet		
Cathy Wiss		
Mary M. Cheh		
Robert Gordon		

Ward 5 Member of Council

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Regina James		Carolyn Steptoe
Deborah “Debbie” Smith		Phillip Blair, Jr.
Bruce A. Marshall		
Audrey M. Ray		
Ron L. Magnus		
Rae Zapata		
Joe Harris		
Vera Winfield		
Frank Wilds		
Harry “Tommy” Thomas, Jr.		
Kathy Henderson		

Ward 6 Member of Council

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Leo Pinson	Tony Williams	
Curtis Etherly, Jr.		
Tommy Wells		

“Shadow” United States Senator

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Michael D. Brown		Joyce Robinson-Paul
Phillip Pannell		

“Shadow” US Representative

DEMOCRATIC	REPUBLICAN	STATEHOOD GREEN
Mike Panetta		Keith Ware
John J. Forster		
James S. Bubar		

You may vote by absentee ballot because of age or disability, or if you will be out of town. There are two types of absentee voting: in-person and by mail.

In-person Absentee Voting

You may cast an absentee ballot, in person, in the Board of Elections and Ethics Office, 15 days before the election, Monday through Saturday from 8:30 a.m. to 4:45 p.m. at One Judiciary Square, 441 Fourth Street, N.W., Suite 250 North. **You must vote in person by 4:45 p.m. on September 11.**

By-Mail Absentee Voting

To receive an absentee ballot by mail, you must mail in a written request. Use the form on the facing page, download the same form from the Internet at http://www.dcboee.org/serv/Download_index.shtm or write a short note to the Board of Elections that includes the following:

- Your name and address
- Your mailing address (if different)
- Your reason for voting absentee
- Your signature

Mail any of the foregoing to: D.C. Board of Elections, 441 4th St., N.W., Suite 250N, Washington, DC 20001.

Your request for a mail-in absentee ballot must reach the Board of Elections Office at least one week before the election.

Emergency Absentee Ballots

If you cannot go to the polls on Election Day because of an accident or sudden illness that occurs during the week before the election, you may vote by emergency ballot. For details, call 202-727-2525

For additional information, call the Board of Elections and Ethics Office at 202-727-2525.

District of Columbia
BOARD OF ELECTIONS AND ETHICS
- VOTER REGISTRATION CARD -

Reg. No: 0000000

Birth Date: 00/00/00

Ward: ~

Precinct: 0

ANC/SMD:

Voting Location:

Party: XX

A church, school or facility near you

Voting Hours: 7 A.M. to 8 P.M.

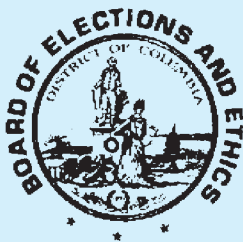
Registration Name and Address:

Your name

Your address

Find your polling site on your voter registration card. See above.

D.C. OFFICE ON AGING NEWSLETTER



District of Columbia
Board of Elections and Ethics 441 – 4th Street, NW, Ste. 250, Washington, DC 20001

Application for Mail Absentee Ballot

Please Print Clearly and Fill Out Completely

Your Name: _____ Date of Birth _____

Address Where You Live: _____ Zip Code: _____

Where We Should Send Ballot (if different) _____

Zip Code: _____

YOUR REASON FOR REQUESTING THE ABSENTEE BALLOT (Title 3 DCMR § 715.2):

- ☐ Temporarily outside the District of Columbia
- ☐ Physical Handicap or Disability
- ☐ Will be hospitalized on election day
- ☐ Incarcerated but not on a felony conviction
- ☐ Uniformed or Overseas citizen
- ☐ Temporary or Permanent Illness
- ☐ Board employee
- ☐ Sequestered for Jury Duty
- ☐ Confined to an institution but not judicially declared incompetent
- ☐ Religious reasons

Mark all elections for which you need an Absentee Ballot

- ☐ September Primary
- ☐ November General
- ☐ Special

WARNING: Any person who is convicted of violating the absentee ballot law is subject to a fine of up to \$10,000, to imprisonment for up to 5 years, or both (D.C. Official Code § 1-1001.14).

Your Signature: _____ (You must sign here to receive a ballot.)

Your application must be received at least 7 days before the election.

Mail to:
DC BOARD OF ELECTIONS AND ETHICS
441 – 4th STREET, NW, SUITE 250N - WASHINGTON, DC 20001

GRANDPARENTS
Continued from page 71

ing more than \$3,000 a month for their care. “This program means a world of difference to us,” she has said. “I’ve been raising my grandkids by myself for 16 years, just trying to make it from one day to the next. With this subsidy, we’ll be able to breathe a little easier.”
To be eligible for the subsidy, grandparent caregivers must meet certain requirements.

Caregivers must first apply for or receive a TANF Child-Only grant or TANF Household grant. They must also have formal custody of the child or children.
D.C. grandparents, great-grandparents, great-aunts and uncles must also:

- Have been caring for the child or children in their home for the past six months or more,
- Have a household income that does not exceed 200 percent of the poverty level, and
- Not have the child’s parent(s) living in the

home (unless they have designated the grandparent as standby guardian).
If you don’t have legal custody and would like help obtaining it:

- If you are age 60 or over, call Legal Counsel for the Elderly, 202-434-2120.
- If you are under age 60, call the Children’s Law Center, 202-467-4900, extension 4.

For an application form or for more information, grandparents and other eligible caregivers may call 202-442-6009.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

September events

7th • 1 to 4 p.m.

A health insurance counselor is available at IONA on the first Thursday of every month to answer questions about the new Medicare prescription drug benefit, HMOs, long-term care insurance, paying medical bills, and other concerns facing older adults. Call 202-895-9448 to make an appointment.

9th • 12:30 p.m.

In honor of National Cholesterol Month, United Planning Organization's Weekend Nutrition Program will host a seminar giving tips on how to lower your cholesterol numbers. It will meet at 1649 Good Hope Road, S.E. For more information, call Evelyn Minor at 202-610-5857 or 610-5900.

11th • 11 a.m. to noon

The Phillips T. Johnson Senior Center will host its annual "Election Connection." Scheduled on the fifth anniversary of 9/11, there will also be an acknowledgement of the day and the progress in healing as a nation. Then, participants will be asked to present the platform of their candidate of choice or their own platforms as independent politicians. It will meet at 3200 S Street, S.E. For more information, call Robinette Livingston at 202-584-4431.

11th • 2:30 to 4 p.m.

Join a free workshop titled "Maximizing Your Remaining Driving Years." The workshop will

cover driving choices and capabilities. Resources for self-assessment of current driving skills will be discussed. It will take place at IONA's offices, 4125 Albemarle Street, N.W. Call 202-895-9448 to register.

16th • 7 p.m.

Come to Crown & Glories' Hat Fashion Show and Gala at the Grand Hyatt, 1000 H St., N.W. It is being sponsored by Emmaus Services for the Aging. For more information, call Mauri Carter at 202-745-1200.

17th • 12:30 p.m.

Men are invited to a health information session where prostate awareness will be discussed. It will take place at 1649 Good Hope Road, S.E. Call Evelyn Minor at 202-610-5857 or 202-610-5900 for more information.

23rd • 12:30 p.m.

Attend the Upper Room Baptist Church Senior Citizens' 14th annual luncheon with fashion and arts-and-crafts shows. Older designers from the area will put their designs on display. It will take place in the Harding Dining Room at 60 Burns Street, N.E. A \$20 donation is requested at the door. Call 202-396-7351 for more information.

25th • 9:30 a.m. to 12:30 p.m.

Come to IONA's Healthy Bones Workshop designed for anyone diagnosed with, or at risk for, osteoporosis. Learn to identify key bone depleting factors, types and amounts of bone-building nutrients

needed, and exercises to build stronger bones. Wear comfortable clothing as this workshop includes an exercise class. Extensive handouts will also be provided. Cost is \$20. To register or learn more about the workshop, call 202-966-1055.

30th • 12:30 p.m.

Attend a program titled "What's Your Aging Lifestyle?" at the United Planning Organization's Weekend Nutrition Program's offices, 1649 Good Hope Rd., S.E. It is being held during Health Aging Month. For more information, call Evelyn Minor at 202-610-5857 or 202-610-5900.

Ongoing

Tuesdays and Thursdays**• 10 to 10:45 a.m.**

Emmaus Services for the Aging offers a free program called "Thrive & Jive" with beginner's exercise classes and blood pressure screenings. Meetings are held at the center located at 1426 9th Street, N.W. Call James Thompson at 202-745-1200 for more information.

Fridays • 11 a.m.

Emmaus Services for the Aging runs Alcoholics Anonymous meetings. A social worker operates the "Seniors Together" group to help participants discuss the challenges of substance abuse. For additional information, call Al Dumbuya, LCSW, at 202-745-1200. Transportation is available for those who live in Ward 2.

SEEKING CENTENARIANS

The D.C. Office on Aging is searching for District of Columbia residents who are 100 years of age or older (centenarians).

If you know of someone who qualifies, make sure they are registered with the office so that they will be honored. When you call, let us know where the person was in 1930, if you can.

For more information and to register the centenarian who will turn 100 by September 30, call 202-724-5626.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

441 4th St., N.W., 9th Floor, Washington, D.C. 20001

202-724-5622 • www.dcoa.dc.gov

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

Hope to See You There!

ELDERFEST 2006



Featuring arts & crafts for sale, health screenings, information, exhibits, dancing, entertainment *(including live music from a local blues singer)*, baked goods for sale and much more!

Thursday, September 7, 2006
10 a.m. - 3 p.m.

Freedom Plaza On Pennsylvania Avenue
(Between 13th & 14th Sts., N.W.)